



# Intermittent Fasting 101: The Ultimate Guide to Losing Weight & Feeling Great with an IF Diet

*Scott James*

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Intermittent Fasting 101: The Ultimate Guide to Losing Weight & Feeling Great with an IF Diet Let me ask you a few quick questions... Do you find yourself lacking energy? Do you find it hard to lose weight? Do you wish dieting could be straight forward, easy and affective? Do you want to live a happier, healthier lifestyle? Are you sick of eating every couple of hours to lose weight or gain muscle like the fitness magazines tell you to do? If you answered 'Yes' to any of these questions then Intermittent Fasting 101 is a must read! Here's a Preview of What Intermittent Fasting 101... An introduction and explanation to Intermittent Fasting How to start an Intermittent Fasting Diet today The many health benefits of Intermittent Fasting explained (a must read!) A look into the different styles of fasting diets An explanation regarding meal timing The only supplements you should be taking to aid your fasting diet > A look into the rising popularity of the Intermittent Fasting diet protocol Things to consider before starting your Intermittent Fasting diet Studies supporting the information and claims made regarding Intermittent Fasting and fat loss And much, much more!

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